

THE SENIOR TIMES

FEBRUARY 2023

25 cents per issue

FREE via Email

"WE ARE MOVING"

The Prince George Council of Seniors is pleased to announce that we have found a new location that will meet all our growing needs.

We will be moving to **1330 5th Ave** and our office will be **closed** from **February 16-24** for the transition. We will reopen on February 27th at **1330 5th Ave**. Don't worry our programs like Meals on Wheels and Better at Home will still be running.



SENIORS RESOURCE CENTRE

MARK YOUR CALENDAR

Advance planning Clinic Dates:

By Appointment only

February 8 and February 22 at 425 Brunswick
From 9 Am to 12 PM

GOLDEN AGE SOCIAL

2 PM to 4PM at the Civic Centre

Wednesday February 15, 2023

- 2 Want To Volunteer?
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Newsletter Submission

Deadline

If you would like something included in our newsletter please contact Michelle at ed@pgcos.ca

no later than one week before the end of the month.

VOLUNTEERS NEEDED!



MEALS ON WHEELS DRIVERS — once per week approximately 10:30 am to noon to deliver hot meals to homebound clients. Requirements are to have friendly manner, valid drivers license, reliable vehicle, and criminal record check.

Contact Nicole.pgcos@gmail.com

**FRONT DESK
VOLUNTEER NEEDED**



Clear speaking voice and friendly disposition necessary

Call Michelle at

250-564-5888 or ed@pgcos.ca

If you have a couple hours to spare!



Prince George Council of Seniors

Community Volunteer Income Tax Program

NEED A HAND TO PREPARE YOUR 2022 INCOME TAX RETURN?

ELIGIBILITY

- **Age 55+**
- **Total income per individual \$35,000 or less**
 - Total income per couple \$45,000 or less
- **Simple tax situation:**
 - **NO** business, rental income nor employment expense
 - **NO** capital gains or losses
 - **NO** investment income over \$1,000
 - **NO** bankruptcy
 - **NO** sale of principle residence
 - **NO** completing a tax return for a deceased person

BY APPOINTMENT ONLY Call 250 564 5888 to book your appointment

10-minute appointments to meet with the volunteer and drop off your info are available Starting March 7th and April every

Tuesday mornings: 9:00-11:00

Thursday afternoons: 1:00-3:00

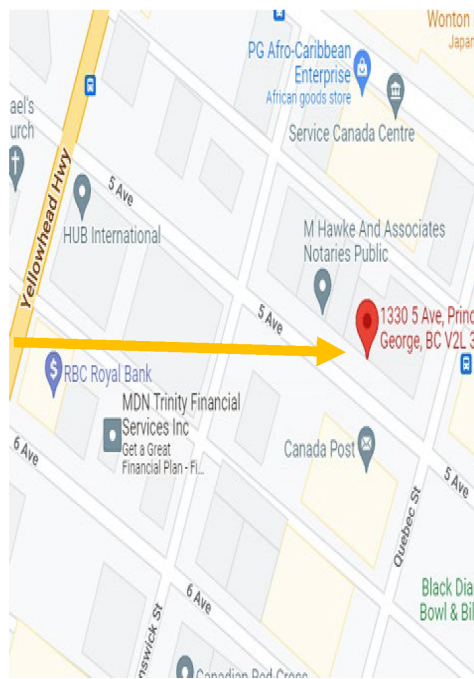
At the Seniors Resource Centre

New Location

1330-5th Avenue

Prince George (Across from the Post office on 5th)

Completed tax returns can then be picked up **two weeks** later at the Seniors Resource Centre.



Volunteers do NOT keep records from year to year. It is YOUR responsibility to inform the volunteer about any deductions or changes.

The Seniors Resource Centre now has a

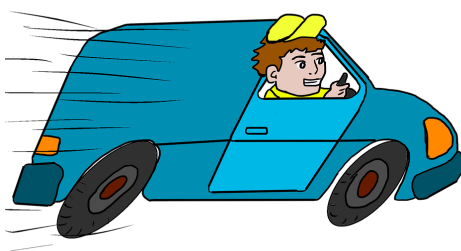
DEBIT MACHINE.



We accept cash, check,
money orders, E-transfer, & ***Debit***
for donations or payments.

Denture Program

Please be advised that the Denture Program is currently on hold till we examine the program. This service is also based on donations and is currently very low in funds. All donations are greatly appreciated.



Grocery Delivery Job Description

The Prince George Council of Seniors is hiring a reliable grocery delivery driver who is committed to customer satisfaction and transporting items in a safe timely manner.

- Criminal record check required
- Must have reliable vehicle, valid class 5 or N drivers license, and provide drivers abstract and proof of insurance
- Available for Tuesday, Wednesday, Thursday morning deliveries
- Ability to lift and carry heavy items from vehicle to client's home
- Provide excellent customer service and care

Contact Michelle at ed@pgcos.ca for more information.



One-time Rent Top Up to Canada Housing Benefit

If you are a low-income renter, you may be eligible for a one-time, tax-free benefit of **\$500**, administered by the Canada Revenue Agency (CRA).

Applications are made on-line and are open from December 12, 2022 to March 31, 2023.

Eligibility criteria:

- Born on or before December 1, 2007.
- Your principal residence was in Canada on December 1, 2022.
- You were a resident of Canada in 2022 for tax purposes.
- You filed your 2021 income tax return or statement of income.
- Family income was \$35,000 or less, or individual income was \$20,000 or less.
- You paid rent in 2022.
- Rent paid was 30% or more of your 2021 income.

Information you will need:

- Addresses you rented in 2022.
- Total rent paid in 2022.
- Names, addresses and phone numbers of persons to who you paid rent.

You can apply online at www.canada.ca and search One-time Top Up to the Canada Housing Benefit or by phone 1-800-282-8079.

We can also help with your online application. To book an appointment, call Wendy, 250-564-5888.



ARE YOU A CAREGIVER?

The Prince George Council of Seniors is
pleased to announce our NEW
Friends and Family Caregiver Support
Program

Are you the caregiver
for a senior who lives
in the Prince George
area?



Do you need practical ideas
to help you care for your
loved one?



Do you feel frustrated, angry,
sad, overwhelmed, guilty,
helpless, hopeless, tired?



Do you need help to
care for YOU?



WE ARE THE NEW CAREGIVERS SUPPORT PROGRAM FOR
PRINCE GEORGE & AREA SENIORS

OUR SERVICE IS FREE AND CONFIDENTIAL

JOIN US FOR COFFEE GATHERINGS, WORKSHOPS, GROUP AND 1:1 SESSIONS
FOR MORE INFORMATION CALL US AT
250-564-5888

What we offer:

1:1 peer support sessions

Weekly coffee/social chat gatherings

Group activities: bi-weekly walking groups
(indoors & outdoors - weather dependant)

Monthly Lunch & Learn workshops – guest
speakers, continuing education, support &
self-care (in person or online – weather
dependent)

Wellness check ins with those unable to
attend the groups

Group snowshoe - weather dependant

LET US HELP!

We are here to help you maneuver through the
challenges that you face as a caregiver by
offering informed education, fun self-care
activities and groups.

721 Victoria Street
Prince George BC
250-564-5888
email: csp@pgcos.ca



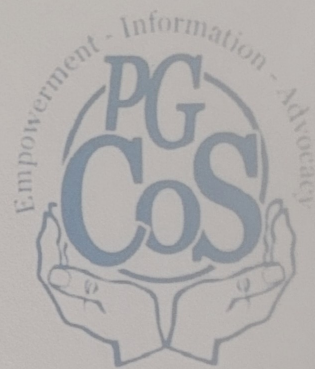
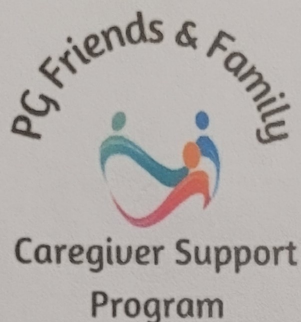
Family Caregivers
of British Columbia

— Let us help —



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



Weekly

PG Friends & Family Caregivers Program Coffee & Chat



Wednesdays
11am
at 1590 - 9th
Avenue
Please call Laurie
at
250-564-5888 to
register as space
is limited



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

ADVANCE PLANNING CLINIC

We help eligible older adults with their **Wills, Powers of Attorney, and Representation Agreements.**

Free Advance Planning Help for Low-Income Seniors (55+)

The **Prince George Council of Seniors** and **Seniors First BC** are partnering with local volunteer legal professionals to offer free advance planning documents (**Wills, Powers of Attorney, and Representation Agreements**) to eligible seniors (55+).

Clinics are held on the 2nd and 4th Wednesdays of the month* by appointment at the Brunswick Street Seniors Centre (425 Brunswick Street).

*Clinic schedule subject to change.

Scan the QR code or visit linktr.ee/seniorsfirstbc to learn about other SFBC clinic locations and legal programs.



Eligibility criteria:

- Age: **55+**
- Income ceiling (gross): **\$40K + \$10K** per additional household member
- Asset test determined during booking

Exceptions may be made, on a case-by-case basis.

To determine eligibility and to book an appointment, please call **1-833-512-0665**.

**seniors
first
BC**



Advanced Planning Clinic Line:

Call to set up an intake for the upcoming clinics.

•1-833-512-0665 (toll free)

Prince George & District Senior Citizens Activity Centre

425 Brunswick Street

February 8 and 22

9:00 am to 12:00 pm



Advance Planning Webinar

Advance planning can help ensure your wishes will be respected when relying on someone else to make decisions for you and after you die.

Join us to learn about Advance Planning tools including Wills, Powers of Attorney, and Representation Agreements! This session is presented by our staff lawyer.



February 23, 2023
1:00 pm - 2:00 pm PST



Virtually over Zoom



To register, scan QR code,
text **604-839-6442**, or email
Outreach@seniorsfirstbc.ca

Scan to Register!



More info: Outreach@SeniorsFirstBC.ca | 604-839-6442



GOLDEN AGE SOCIAL

WE ARE EXCITED TO WELCOME YOU BACK!

FREE AFTERNOON SENIORS SOCIALS AT THE PRINCE GEORGE CONFERENCE AND CIVIC CENTRE!

Time 2-4 pm



Mark your calendar for the dates below:

Wednesday October 12th, 2022
Wednesday November 16th, 2022
Wednesday December 7th, 2022
Wednesday February 15th, 2023
Wednesday March 15th, 2023

For More Information, Please Call: Prince George Council of Seniors at 250-564-5888

ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

<https://eldercitizens.wixsite.com/website>

ECRA.....FEBRUARY 2023...ECRA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45 Floor Curling 1:00 Carpet Bowl	2 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	3 9:45 & 11:00 Tai Chi 7:00 Whist	4
5	6 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	7 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	8 9:45 Floor Curling 1:00 Carpet Bowl 1:00 Birthday Tea	9 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	10 9:45 & 11:00 Tai Chi 7:00 Whist	11
12	13 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	14 9:00 Foot Clinic 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage ♡ ♡ Happy Valentines Day!	15 9:00 Foot Clinic 9:45 Floor Curling 1:00 Carpet Bowl	16 9:00 Board Meeting 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	17 9:45 & 11:00 Tai Chi 7:00 Whist	18
19	20 FAMILY DAY	21 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 7:00 Cribbage	22 9:45 Floor Curling 1:00 Carpet Bowl	23 10:00 Craft Group 1:00 Forever Young Choir 1:00 Floor Curling	24 9:45 & 11:00 Tai Chi 7:00 Whist	25
26	27 10:00 Ukulele Group 10:00 Yoga 1:00 Canasta	28 9:00 Reg Line Dancing 9:45 & 11:00 Tai Chi 1:00 Gen.Meeting 7:00 Cribbage				



February 2023 Lunch Menu

(subject to change without notice)



1st	Meatloaf, Mashed Potatoes & Veg	
2nd	Parm Chicken, Mashed Potatoes & Veg	
3rd	Liver & Onions, Mashed Potatoes & Veg	
6th	Swedish Meatballs, Mashed Pot & Veg	Birthday Tea
7th	Chicken Cutlets, Mashed Potatoes & Veg	
8th	Lasagne & Garlic Toast	
9th	Pork Chops, Mashed Potatoes & Veg	
10th	Roast Beef, Yorkshire, Mash Potatoes & Veg	
13th	Butter Chicken, Rice & Veg	Board Mtg
14th	Salisbury Steak, Mashed Potatoes & Veg	
15th	Pork Teriyaki, Chow Mein, Stir Fry & Rice	
16th	Spaghetti & Garlic Toast	
17th	Ribs, Baked Potatoes & Veggies	
20th	FAMILY DAY —ECRA is Closed	
21st	Tuna Noodle Casserole	
22nd	Baked Chicken, Mashed Potatoes & Veg	
23rd	Swiss Beef, Mashed Potatoes & Veg	
24th	Turkey & All The Trimmings	
27th	Fish Cutlets, Mashed Potatoes & Veg	General Mtg
28th	Chicken & Gravy, Mashed Potatoes & Veg	

ECRA
1692 TENTH AVENUE
PRINCE GEORGE, BC V2L 3S4

Do you have an interest or desire to
contribute YOUR skill and YOUR voice to
a Team that works together to
make OUR CENTRE a Great Place to be!!!

**BOARD OF DIRECTORS ELECTION
At the ANNUAL GENERAL MEETING**

MARCH 28th 1:00 pm

The Positions are:

President
1st Vice President
2nd Vice President
Secretary
Treasurer
3 Two Year Directors

Your contribution to seeing our Centre grow
would be greatly appreciated.

**Please come out and support ECRA
and VOTE!**

February 2023				
Mon	Tue	Wed	Thu	Fri
		1 BBQ Chicken Roasted Potatoes Veggies	2 Groundhog Day Chicken Fingers Potato Wedges Veggies	3 Beef Rouladen Mashed Potatoes Gravy Veggies
6 Beef Stew Hungarian Style Mashed Potatoes Veggies	7 Tortellini & Alfredo Sauce topped with Chicken Breast Veggies	8 Meatloaf Mashed Potatoes Gravy Veggies	9 Pork Roast Mashed Potatoes Gravy Veggies	10 Seafood Linguine Alfredo Veggies Garlic Bread
13 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	14 Valentine's Day Turkey Stuffing Mashed Potatoes Gravy Veggies \$15	15 Parmesan Stuffed Chicken Breast White Wine Sauce Rice Veggies	16 Salisbury Steak Mashed Potatoes Veggies	17 Lasagna Garlic Bread Veggies Garlic Bread
20 Family Day CLOSED	21 Spaghetti & Meat Sauce Garlic Bread Veggies	22 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	23 Sweet & Sour Pork Chow Mein Rice	24 Salmon Parsley Potatoes Sauce Bernaise Veggies
27 Ham Scalloped Potatoes Veggies	28 Cabbage Rolls Perogies Sauerkraut			

HART PIONEER CENTRE
6986 Hart Highway
(250) 962-6712

Menu subject to change without notice.
Pick-up Time: 11:30 am - 1 pm.
**** See reverse for more information.**

February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 am – Pool Tournament 12:30 – Line Dancing 6:15 pm - *Yoga 7:30 pm - * Yoga	2 Groundhog Day 9:00 am – Carpet Bowling 1:00 pm – Active Age	3 12:30 pm – Line Dancing	4
5	6 12:30 pm – Line Dancing 6:00 pm - Canasta	7 9:00 am – Floor Curling 6:00 pm - *TOPS	8 10:00 am – Pool Tournament 12:30 – Line Dancing	9 9:00 am – Carpet Bowling	10 12:30 pm – Line Dancing	11
12	13 12:30 pm – Line Dancing 6:00 pm - Canasta	14 Valentine's Day 9:00 am – Floor Curling 6:00 pm - *TOPS **SPECIAL DINNER TURKEY	15 10:00 am – Pool Tournament 12:30 – Line Dancing	16 9:00 am – Carpet Bowling	17 12:30 pm – Line Dancing	18
19	20 Family Day CLOSED	21 9:00 am – Floor Curling 1:00 pm – *Gentle Fit – Level 2 2:15 pm – Gentle Fit – Level 1 6:00 pm - *TOPS	22 10:00 am – Pool Tournament 12:30 – Line Dancing 6:15 pm - *Yoga 7:30 pm - * Yoga	23 9:00 am – Carpet Bowling 1:30 pm – GENERAL MEETING	24 12:30 pm – Line Dancing	25
26	27 12:30 pm – Line Dancing 6:00 pm - Canasta	28 9:00 am – Floor Curling 1:00 pm – *Gentle Fit – Level 2 2:15 pm – Gentle Fit – Level 1 6:00 pm - *TOPS	* Gentle Fit – Level 1 & 2 - Contact - Lisa - 778-281-0694 * Active Age – Contact - Lisa - 778-281-0694 *Yoga – Contact – Lisa – 778-281-0694 * TOPS – Contact – Theresa – (250) 962-8977			

HART PIONEER CENTRE
6986 Hart Highway
(250) 962-6712

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Beef Dip	2 Mac & Cheese	3 BBQ Chicken	4
5			8 Chicken Stir-Fry	9 Meatballs & Gravy	10 Chili	11 
12	13 Pork Cutlet	14 Spaghetti	15 Cheese Burger	16 Chicken Tenders	17 Shepherd's Pie	18
19	20 <u>CLOSED</u> FOR FAMILY DAY	21 Taco Salad	22 Teriyaki Chicken Wings	23 Beef Stir-Fry	24 Meatloaf	25
26 	27 Roast Beef Sandwich	28 Fish				

BRUNSWICK STREET CENTRE

425 Brunswick Street - Prince George, BC V2L 2B7

Phone: 250-564-3287 or 250-563-1915 Email: senioractivitypg@shaw.ca

Spuce Capital
Seniors Presents
Lunch & Movie
February 14th
Starting at 11:30




**HAPPY
VALENTINE'S
DAY**

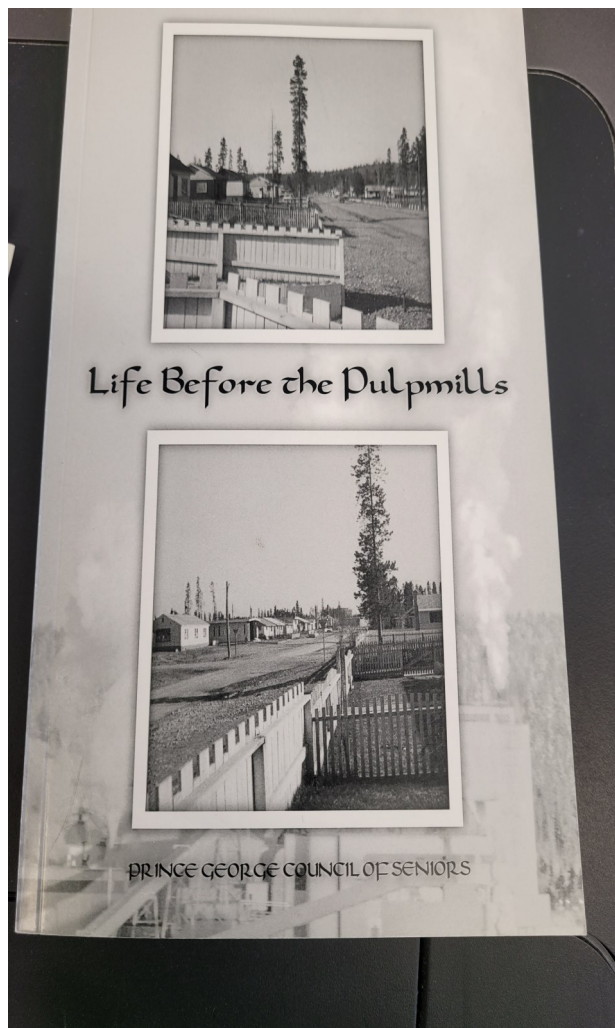
Tickets Price:
Non Member: \$18.00
Membership \$15.00



February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	We meet at 5401 Moriarty Cres. PG		1 Tai Chi 10-11: AM Men's Pool 10-12	2 Coffee Social Tim Horton's College Hts 2:00	3 Art W/Ginny 9:30-noon Ladies Pool 10-12 AM	4
5	6 Yoga 10-11:AM Photo Club 10-12 Cards/Crib 10-12	7	8 Tai Chi 10-11: AM Men's Pool 10-12: Sign Language w/ Lou 11:15-12:00	9 Coffee Social Tim Horton's College Hts 2:00	10 General Meeting 10:00 AM Please attend	11
12	13 Yoga 10-12 Photo Club 10-12 Cards/Crib 10-12	14 Breakfast club 9:30 at Bonvoyage <<Don't forget	15 Tai Chi 10-11: AM Men's Pool 10-12	16 Coffee Social Tim Horton's College Hts 2:00	17 Jenna's Kitchen Demo 10:00 AM at the Center 5401 Moriarty Cres.	18
19	20 Yoga 10-12 Photo Club 10-12 Cards/Crib 10-12	21	22 Tai Chi 10-11: AM Men's Pool 10-12 Sign Language w/ Lou 11:15-12:00	23 Coffee Social Tim Horton's College Hts 2:00	24 Birthday Tea with music 10:AM -12:00 @ the center	25
26	27 Yoga 10-11 Photo Club 10-11 cards/Crib 10-11 lunch 11:45-12:45	28	Type blue in Search bar>>	North Central Seniors Association	Email: ncsapresident@yahoo.com	Only 3 months till spring... Yea! Hooray!

2023



Book Review

Life Before the Pulp Mills – Prince George Council of Seniors

Edited by June Chamberland,

Bev Christensen and Luci Redmond

Would you like to know, or do you remember, what happened in the early years in Prince George such as:

Goat Island swimming hole and pier, the Old Army Hospital, paper routes, schools with teacherages and making do during World War 2? Using the words of past Prince George residents such as the Peckhams, Ollingers, Kirsche and others, PG in the 40's, 50's and early 60's comes alive. This excellent book of short stories is available at our office for \$20.

Blue Rose Mobile Foot Care and Esthetics

Debby Boutilier

Certified Master Pedicurist / Esthetician

Highest Level and Safest Pedicures

250.981.1961

bluerose.mobilefootcare@gmail.com

or message me on Facebook

10045 Merton Place, Prince George, BC



Specializing in diabetic and senior care

Municipal Pension Retirees Association

District 27 Prince George



QUARTERLY MEETINGS

REGARDING YOUR PENSION & BENEFITS

For more information:

Karen 250 640 0006

email kfmck12@gmail.com

BC Government Retired Employees Association

Exclusions, professionals or union members



Come and attend our Quarterly Meetings and learn about travel insurance, hearing aides, travel discounts, etc.

For more information call Rosemarie 250 563 4194

or email < oconno-4@telus.net >



Dementia Online

Understanding communication changes

Tue, Feb 7, 10:00 am - 11:30 pm

This workshop will explore how communication is affected by dementia and teach effective communication strategies.

Online: <https://alzheimerbc.akaraisin.com/ui/dementiaeducation4759/tickets>

Disorientation among people living with

Wed, Feb 15, 2:00 pm - 3:00 pm

Join researcher Noelannah Neubauer to discuss the risks associated with getting lost among persons living with dementia; hear strategies to mitigate the risks and learn about current and up and coming research in this area.

<https://alzheimerbc.akaraisin.com/ui/dementiaeducation4875>

For More information on calendar events

follow the link below.

<https://alzheimer.ca/bc/en/whats-happening/event-calendar>

Alzheimer's Society of British Columbia



Alzheimer resource centre -

Northern Interior, Northwest and Northeast

1811 Victoria Street

Suite 302

Prince George BC V2L 2L6

Canada

Hours of operation:

We are currently offering virtual support only

Phone number: [250-564-7533](tel:250-564-7533)

Phone number (Toll-free): [1-866-564-7533](tel:1-866-564-7533)

Email address: info.princegeorge@alzheimercbc.org

Recycle your old, even broken eyewear.

It could improve a persons life
in another country!



Lions RECYCLE For Sight

Donation is easy. The *Spruce City Lions Club* has a Recycle for Sight **collection box** in the **Seniors Resource Centre, 721 Victoria Street.**

Simply bring in old eyewear and drop them off!

All eyewear is acceptable (prescription & non-prescription glasses, sunglasses and readers). Children's glasses are especially needed. Even if the eyewear is broken still donate them because we are sometimes able to repair them or use parts to repair other donated Recycle For Sight frames.

Then the donated glasses will be shipped to the Canadian Lions Eyeglass Recycling Center (CLERC) where they will be cleaned, categorized by prescription and prepared for distribution free of charge to people in developing countries.

DONATE YOUR OLD EYEGLASSES TODAY!.

ACCEPTING USED HEARING AIDS TOO!

SENIOR MOMENTS Radio Program

Livestream — www.cfisfm.com

1:00 to 2:-00 pm every Tuesday! Listen LIVE — 93.1 FM

PRINCE GEORGE LAWN BOWLING CLUB

Join the Prince George Lawn Bowling Club for enjoyable outdoor activity.

Where: - Watrous Park - 3rd Avenue and Watrous Street -just one block North of Kentucky Fried Chicken

When: - Tuesday morning at 10 A.M.

Wednesday Evening -7 P.M.

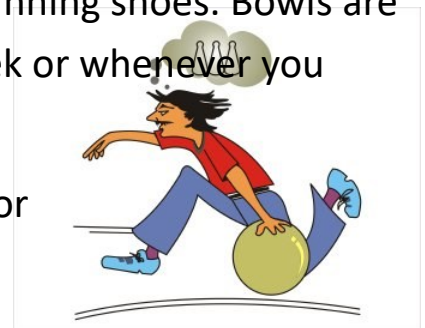
Thursday afternoon- 1 P.M.

Sunday Afternoon -2 P.M.

Come and try Lawn Bowling. All you need is a pair of running shoes. Bowls are provided and instruction is provided. Come once a week or whenever you choose. Teams are drawn from whomever shows up.

For further information: Phone: Dan Gilgan -962-0643 or John Warner - 563-4888,

or Evelyn O'Sullivan at 250-561-7448 sullypg@shaw.ca



Foot Care

425 Brunswick

Joanne Relagiate

Call [250-563-1915](tel:250-563-1915)

for appointment



Prince George Hospice Palliative Care Society



Grief Support Services

For more information:

www.PGHPCS.ca | info@PGHPCS.ca

250-563-2551 | 1506 Ferry Ave

Family Grief Support

Our Family Grief Program supports grieving children, youth, and caregivers.

The program has three groups that run simultaneously:

A group for children ages 6 – 12 years.

A group for youth ages 13 – 20 years.

A group for parents and people who care for children.

In addition, we offer a children's drop-in every Tuesday 3:00 – 4:30 pm

Adult Support Services

One-on-One grief support on the phone or in person.

Tea Time for the Soul: Drop-in Wednesdays 3:00 – 5:00 pm

Virtual Grief Support: Drop-in Thursdays 1:30–3:00 pm

Broken Circle: Ten-week peer support and grief education group.

Grief and Grub for Guys: Eight-week program specific for grieving men.

Hospice Hearts: Support for parents who have lost a child by opioid overdose

COVID Long Haulers: Drop-in Mondays 1:00 – 3:00 pm.

Coffee for the Caregiver: Drop-in support for caregivers Thursdays 1:00–3:00 pm

Registration is required for all of our programs.



PGCOS-Seniors Resource Center — — Call 250-564-5888 for more info

Programs & Other Support Services

Programs: Funding Based

Meals on Wheels

Meals on wheels supports Older adults 55+ residing in the bowl area of Prince George who have difficulty preparing meals. The Program provides fresh nutritional and affordable meals for lunch delivered Monday –Friday except Holidays.

Meals are delivered weekdays between 11:00 am and 12:00 pm by the volunteers.

Individuals younger than 55 may be considered if resources are available.

Cost to the client is \$8.50 per meal. Non-refundable prepayment of \$85 for initial service is now required.

Better at Home

Better at Home supports the **non-medical** needs of older adults 55+ who are in the Prince George area. These services are aimed to help seniors stay independent in their own homes. Some services offered are based on a sliding scale dependant on your income.

Current services available

Grocery shopping and Delivery

Light Housekeeping

Friends & Family Caregiver Support

See the information on Page 3 and 4

Housing & Community Navigator

The Housing & Community Navigator assists older adults 55+ navigate through the many different resources and information available to them.

Services offered by this program

Advocacy

Friendly Phone Calls

Information

Resources

Community referrals

Help with Forms

Housing resources

Other Support Services: Donation based

Denture support — — On Hold for now

Income Tax — — Preparation for low-income seniors

Blue Bottle Service — — To keep important personal health information with easy access

Christmas Hampers — — For low-income and isolated seniors

PRINCE GEORGE COUNCIL OF SENIORS – Member Application Form
FOR THE FISCAL YEAR APRIL 1, 2023 to MARCH 30, 2024.

PLEASE FILL OUT ALL AREAS

Name of

Organization: _____

Membership category (check appropriate box):

☐ **Association or Group Member** (Association or non-profit groups or organizations with a primary interest in seniors)

☐ **Community Member** (public organization or community-based group with an interest in the objectives of the Prince George Council of Seniors (PGCOS))

☐ **Corporate Member** (a business with an interest in the objectives of the Prince George Council of Seniors (PGCOS))

☐ **Associate Member** (any individual with an interest in the objectives of the Prince George Council of Seniors (PGCOS))

How do we get in touch with you or your organization?

My / our "snail mail"

address: _____

My / our email

address: _____

My / our home phone: _____ My / our cell phone: _____

Our regular meeting dates / times: _____

Our Annual General Meeting: _____

Your organization's representative at the PGCOS Advisory Committee will be:

(The PGCOS Advisory Committee meets the first Wednesday of most months)

Their

name: _____

Their email

address: _____

Their home phone: _____ Their cell phone: _____

**PLEASE REMEMBER TO INFORM PGCOS OF ANY CHANGES IN THE ABOVE
INFORMATION OVER THE COURSE OF THE YEAR. THANK YOU.**

→ OVER PAGE →

Updated January 31, 2023

**ENCLOSED PLEASE FIND OUR MEMBERSHIP FEES IN THE PRINCE GEORGE
COUNCIL OF SENIORS (PGCOS) FOR THE FISCAL YEAR APRIL 1,2023 to
MARCH 30,2024.**

☐ **Association or Group Member** (Association or non-profit groups or organizations with a primary interest in seniors)

\$25.00 plus 10 cents per member

(total # of our paid-up members as at January 1 this year _____)

\$ 0.10 X _____ = \$ _____)

☐ **Community Member** (public organization or community-based group with an interest in the objectives of the Prince George Council of Seniors (PGCOS)

\$50.00

☐ **Corporate Member** (a business with an interest in the objectives of the Prince George Council of Seniors (PGCOS)

\$200.00

☐ **Associate Member** (any individual with an interest in the objectives of the Prince George Council of Seniors (PGCOS)

\$10.00

Paid by our cheque # _____ Date: _____

What are the benefits of being a member with PGCOS.

1. Free advertising in our Monthly Newsletter that goes out to thousands of people.
2. Voting rights at our AGM.
3. A seat at our Advisory Liaison meeting.
4. Advocacy for Seniors in Prince George
5. Information for needs within your organisation.
6. Being part of the bigger picture of senior needs in Prince George.

Prince George Council of Seniors (PGCOS)

Anyone who has already paid based on the yearly form will be added to the 2023-2024 Membership. Please return this form with your payment to 721 Victoria until February 15, 2023. After February 15, 2023, we will be at our new Location of 1330 5th ave. Prince George BC V2L 3L4

PGCOS BOARD OF DIRECTORS

President:

Fred Archibald
fhavja@telus.net

Secretary

Barbara Gunn
bgunn44@telus.net

Vice-President

Janet Marren
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Treasurer

Lori Dennill
loridennill@gmail.com

Directors:

Ethel Gowman
Terry Pipkey
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Margaret Jackson

We acknowledge the support of



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SHINE BC

Seniors Services Society of BC



*We would also like to thank all of our
Membership, Donors and Volunteers.*